



Product Spotlight: Chives

Any leftover chives are delicious in a breakfast omelette! Wrap your chives in a damp paper towel or kitchen towel and store them in a plastic bag or container to prevent them from dehydrating.



Lemon & Chive Risotto

with Roasted Ocean Trout

Oven roasted lemony ocean trout fillets served on a cheesy risotto alongside tender green beans, topped with fresh chives and parmesan cheese.



35 minutes



4 servings



Fish

Add some herbs!

You can add some fresh dill or thyme to this dish if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	21g	75g

FROM YOUR BOX

BROWN ONION	1
CHICKEN STOCK PASTE	1 small jar
ARBORIO RICE	300g
LEMON	1
OCEAN TROUT FILLETS	2 packets
GREEN BEANS	250g
PARMESAN CHEESE	1 packet
CHIVES	1 bunch



1. SAUTÉ THE ONION

Peel and dice onion. Heat a large pan with **2 tbsp oil/butter** over medium heat. Add onion to cook for 3 minutes.



2. SIMMER THE RISOTTO

Add stock paste and rice, stir to coat. Pour in **5 cups water**. Bring to a boil, semi-cover and simmer over medium heat until rice is tender (roughly 20 minutes, stir occasionally). See step 5.



3. ROAST THE TROUT

Zest lemon to yield 1-2 tsp. Arrange trout fillets in a lined oven tray, coat with **oil**, lemon zest, **salt and pepper**. Roast for 10 minutes or until cooked through.

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper

KEY UTENSILS

large frypan with lid, oven tray, frypan

NOTES

You can slice and add the beans to the risotto to cook for a more child friendly dish.



4. COOK THE BEANS

Heat a second frypan over medium-high heat. Trim beans (see notes). Coat with **oil** and cook for 5 minutes until tender.



5. FINISH THE RISOTTO

Add 1/2 packet parmesan cheese and juice from 1/2 lemon into the risotto. Slice and add chives. Stir all to combine well. Adjust seasoning with **salt and pepper** to taste. (Add a little more water if needed).



6. FINISH AND SERVE

Serve the risotto alongside roasted trout. Top with extra parmesan at the table. Cut remaining lemon into wedges to serve.



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